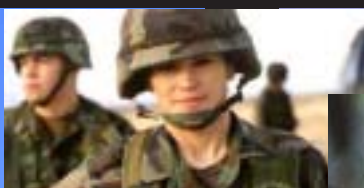


VOL. 2.1

FSm

Future Soldiers magazine

For Members of the Delayed Entry Program and the Delayed Training Program



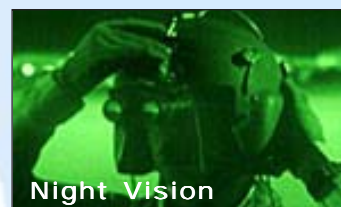
LIVE LARGE IN HAWAII WITH ARMY ID

We map out Oahu to give you 1st Class vacation on Private's budget



LIVING THE ARMY VALUES:

A guide for new Soldiers



Night Vision

SPECIAL FORCES:

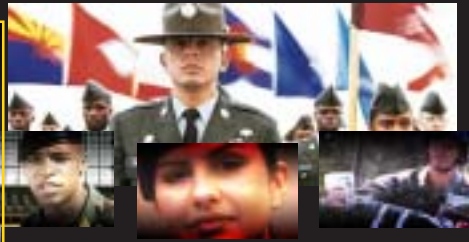
Green Berets use the most advanced equipment and support teams to complete their missions

Future Soldiers: Ask your Recruiter how referrals can earn you an early promotion.



Spotlight

Army Core Values

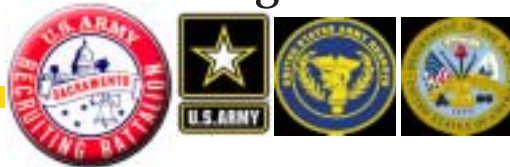


- [**Loyalty**] Bear true faith and allegiance to the U.S. Constitution, the Army, your unit and other Soldiers.
- [**Duty**] Fulfill your obligations.
- [**Respect**] Treat people as they should be treated.
- [**Selfless Service**] Put the welfare of the Nation, the Army and your subordinates before your own.
- [**Honor**] Live up to Army values.
- [**Integrity**] Do what's right, legally and morally.
- [**Personal Courage**] Face fear, danger or adversity (physical or moral).



U.S. Army Sacramento Recruiting Battalion

Faces of the Future



Future Soldier: Jennifer Lunceford, 19
Hometown: Layton, Utah
Recruiter: SGT Greg Lunceford, Livermore Recruiting Station (above)
MOS: 88M Transportation Operator
Enlistment Bonus: \$18,000
Army College Fund: \$38,144
Claim to fame: SGT Lunceford's sister. Can possibly do more push-ups.



Future Soldier: Steven Bowman, 18
Hometown: San Leandro, Calif.
Recruiter: SFC George Moore, San Leandro Recruiting Station (right)
MOS: 25S Satellite Communication Systems Operator/ Maintainer
Claim to fame: Who proudly sports a bright purple '73 Volkswagen Bug? This guy.



Future Soldier: Robert Meraz, 36
Hometown: El Paso, Texas
Recruiter: SFC Paul Taylor, Modesto Recruiting Station (in back)
MOS: 74D Chemical Operations Specialist, Army Reserve
Enlistment Bonus: \$10,000
Army College Fund: \$10,368, \$350 Kicker
Claim to fame: Battalion's first enlistee over age 35.



THE ARMY

00:21:00 MINUTE WORKOUT

The **Army Physical Fitness Test (APFT)** is a three event physical performance test used to assess endurance. It is a simple way to measure a soldier's ability to move his body by using a few major muscle groups and cardiorespiratory system. The intent of the APFT in the Physical Fitness Program is to provide a baseline assessment regardless of MOS or duty.

WARM-UP

STRETCH:

Gradually stretch major body muscles to prepare them for the conditioning session and reduce chances of muscle injury. Fully warm up the body with a major exertion of the muscles.

2 MINUTES OF SIT-UPS

Check points:

- Back flat on floor, hands behind head, fingers interlaced, and knees bent at 90 degrees
- Feet are together or up to 12 inches apart and both heels must remain in contact with the ground.
- Raise upper-body to vertical position so that the base of the neck is above the rest of the spine.
- Return to the starting position in a controlled manner until the bottom of the shoulder blades touch the ground. The head and hands don't need to touch the ground.

2 MINUTES OF PUSHUPS

Check points:

- Start from a front leaning rest position with arms extended
- Bend the elbows, lowering the body until the upper arms are parallel with the ground

MILE-AND-A-HALF RUN

-- Run a mile-and-a-half in under 17 minutes. **Too easy for you, tough guy?** Set your pace at 3 minutes per 800 meters, or a 9 minute total run time. Then congratulate yourself on a perfect score.



RUNNING CAUTION :

Although running is a good form of aerobic activity, beginning runners should proceed slowly in developing a program. While a certain amount of discomfort is to be expected, runners should not extend themselves to the point of pain or injury.

COOL DOWN:

Gradually cool down the body, allowing muscles to recover from the exercise workload. You can do light exercises or stretches.

***NOTE:** You should consult with a physician before beginning any physical conditioning program.



Hawaii

*Mission: Paradise
Destination: Oahu*



The **Hale Koa Hotel** on Fort DeRussy Armed Forces Recreation Center is a resort serving members of the U.S. Armed Forces and their families. The Hotel was built and financed by service men and women from their own funds and now operates on a self-sustaining basis. For more info, visit www.halekoa.com



The **North Shore** is known for its world-class surfing, swimming, scuba and snorkeling, among other activities.



25th Infantry Division (Light) and U.S. Army Hawaii

The **25ID(L) patch** consists of a lightning bolt superimposed on a taro leaf. The taro plant is common throughout the Pacific and the root is used to make poi, a traditional Hawaiian food. The lightning bolt represents speed and an aggressive spirit. The red and yellow colors are the colors of the old Hawaiian monarchy.



Pililaau Army Recreation Center at Pokai Bay is one of the best beach facilities on the island, with 39 beachfront cabins, an equipment rental center and lots more.



The **USS Arizona Memorial** honors U.S. Navy Servicemembers who lost their lives at Pearl Harbor Dec. 7, 1941.



Oahu



Honolulu is the largest city in the world -- at least it has the longest borders -- stretching the entire 1,500 span of the Hawaiian Archipelago.

FSm **landerlust**

le Bay is a bay off the northeast
ast of Oahu. Divers here may
counter the Hawaiian Green Sea
tle. When fully grown they
igh as much as 400 lbs.

Oahu is a beautiful, vibrant place
containing over 80% of Hawaii's
population



Privileges of a U.S. Army I.D. Card Space Available Travel

As a U.S. Army I.D. holder, you can travel
anywhere the military flies -- provided there is
space available on the airplane -- **at little or no
cost to you.**

Travis Air Force Base in Vacaville, Calif., is a
major hub for military planes flying to the Pa-
cific, meaning regular flights to Hawaii. **You
better recognize...**



Hawaii



**The Polynesian Cultural
Center** brings together the
history and cultures of
Hawaii, Samoa, Marquesas,
New Zealand, Fiji, Tahiti and
Tonga in authentic recreated
villages.



**The U.S. Army Pacific Command
(USARPAC)** is headquartered at
Fort Shafter, just north of
Honolulu. **USARPAC** commands
all Army personnel in the Pacific
Theater including major
subordinate units in Hawaii,
Alaska, Japan, and Korea.

The **stars** on the unit patch
reflect a key date in U.S.
history. There are 12 in all, 7
in the Big Dipper, 4 in the
Southern Cross, and 1 for the
North Star. When put together,
you get 12/7/41 -the Japanese
attack at Pearl Harbor on
December 7, 1941.



**Waikiki Beach and Diamond
Head Crater** are arguably the
most recognized features for
any visitors to Hawaii.

Waikiki is the center of the
Oahu's social scene with
shopping, fine dining, and the
hottest clubs.



**Tripler Army Medical Center
(TAMC)** is the largest military
medical treatment facility in the
Pacific Basin

TAMC's area of responsibility
spans more than 52%
of the earth's surface.



Special Forces candidate James Boyd speaks candidly with his recruiter SFC Ernest Fisher.

Stanford, Yale serving Army with America's top youth: Officer, Special Forces candidates join Army for opportunity

By Kevin Downey, Sacramento Battalion Public Affairs

SACRAMENTO, Calif. — James Danly is a 28-year-old Yale University alumni who became an accomplished publisher after graduation in 1999, assisting Tom Brokaw with his 1998 WWII-era Soldier tribute book, "The Greatest Generation."

He joined the U.S. Army last month for opportunity. Tom Brokaw wrote a letter of reference to the Army on his behalf.

James Boyd is a 22-year-old Stanford University senior majoring in international relations, who up until recently held a British passport, meaning he could work anywhere in the European Union in addition to the United States.

He gave up his British passport along with its privileges Jan. 22 for a security clearance in the U.S. Army, enlisting as a Special Forces candidate. He also spoke of the word "opportunity."

"I'm happy I made the decision," he said. "Yale has a proud tradition of public service among its alumnus ... I'm sure a large part of my decision was based on being immersed in that tradition — For God, For Country, For Yale."

Danly majored in Ancient Greek and Latin, as well as English Literature at Yale. After graduation he became a successful writer and publisher, writing explanations of historical facts inside such books as "Oliver Twist" and "Sherlock Holmes" for his employer Random House.

"He is an information sponge," said Danley's recruiter, SFC Alan Cheney. "He sets the example that education alone doesn't make you successful, serving your country along with that education will complete the package. It's refreshing to see someone with his attitude along with his level of education. He has a lot to offer the Army."



Officer candidate James Danly gets an earful about the infantry from a former Infantryman, SFC Alan Cheney

The difference in the two men was evident upon the way each entered the Army Recruiting Station in Sunnyvale on a relaxed Friday afternoon — Special Forces candidate Boyd exploding into the office decked out in physical training gear with intensely orange Nikes, polished Officer candidate Danley dressed in a blue suit and tie calmly shaking hands with his recruiter. Two different styles, two different disciplines of study, two vastly different top-flight schools and so many options available to them, but yet the conversation kept coming back to one theme — opportunity.

"The U.S. is in a position that it needs talented young men," Danly said, years of travel and education evident in the way he speaks. "I'm trying to answer that call."

Boyd has been assisting his recruiter by using his influence around Stanford campus to promote the benefits of an enlistment in the Army. "The Army needs good people, and good people are at Stanford," he said.

"He came up to our table at the Career Fair (we participated in at Stanford) wanting a challenging career," Fisher said. "He's an intelligent and motivated young man, which is invaluable to the Army."

Boyd received a \$12,000 enlistment bonus along with the maximum \$70,000 Army college scholarship for his enlistment, and ships to Basic Training one day after his birthday. Danly hopes to become either an Infantry or Ranger Officer after successful completion of Basic Training and Officer Candidate School. He will begin training March 16.

Special Forces Equipment



Think you're up to it? Performing a High-Altitude Low-Opening (HALO) jump means free-falling from 21,000 feet with oxygen and opening your parachute very close to the ground.

A Green Beret's best assets: a strong mind and top of the line gear.



HALO Helmet

High-Altitude Low-Opening (HALO) jumps are made from extreme heights that require an oxygen supply. SF Soldiers open their chutes very close to the ground. This allows entire teams to go unnoticed by radar.



MC Parachute

This parachute is specially designed for HALO jumps and can function reliably in the severe environmental conditions found on SF operations.



Night Vision

This advanced technology allows SF Soldiers to see during night operations or in dark environments.



RE-Breather

For missions underwater, the Re-Breather is a simple underwater breathing device allowing SF Soldiers to navigate rivers and streams virtually unnoticed.



Kayak

One of the most stealthy boats around, kayaks allow SF Soldiers to paddle unnoticed in rivers and lakes.



Inflatable Boat

Lightweight and quiet, these boats work well in beach landings and helicopter launches.



Long-range communications

SF Soldiers use the latest technology to communicate through radio or text messages via satellite computer.



M-4 Carbine

The M-4 Carbine rifle system is used by Special Forces groups because it is lightweight and can be customized with a variety of scopes, lights and parts for any type of mission.



Climbing Gear

In alpine environments, SF Soldiers use the same gear as extreme civilian climbers. Ice axes, wire stoppers and carabiners all help SF Soldiers in mountainous terrain.



GPS Locator

Since a Special Forces Soldier can be anywhere in the world at any time, a Global Positioning System (GPS) Locator is important. Through a network of satellites, it determines a Soldier's location anywhere in the world.

Little sister follows big brother's lead into Army

By Kevin Downey

Sacramento Battalion Public Affairs

Once Jennifer Lunceford grew up, she realized that Livermore Recruiting Station's SGT Greg Lunceford was just being a protective brother that day he shouted "Don't let it happen again!" in the face of her shaken teacher all those years ago.

Once little sister Jennifer grew up, she realized years of following big brother's lead created a deep bond between the two of them, and not frustration and humiliation like she thought.

Once little sister Jennifer grew up, she followed him into the Army, enlisting March 14 as a Transportation Operator, with a slot reserved for her at Airborne School upon successful completion of Basic Training and AIT.

Because of her trust in her brother, she flew in from her home in Layton, Utah, to be recruited by him just so she knew she was getting the best deal for herself.

"I wanted to make sure I was getting the most out of my enlistment from the beginning, and I trusted my brother to make sure that happened," Jennifer said. "He looked after me the entire time."

Nineteen-year-old Jennifer enlisted for four years and received an \$18,000 enlistment bonus, as well as \$38,144 in college scholarship money after successful completion of her contract.

Twenty-six-year-old Lunceford thinks his sister will have no trouble being successful in her Army career.

"She will be extremely successful," Lunceford said.

"She's a hard worker, she won't give up. She has leadership qualities she was born with."

"She's a Lunceford," he said, simply.

